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Canada's Nathan Hirayama, top, and John Moonlight celebrate after scoring the winning try in the bowl final against France in Vancouver on Sunday. New Zealand beat South Africa in the cup final 19-14.
JENNIFER GAUTHIER/METRO

GREAT TRY

Canada's men's rugby 7s team wins the bowl final

metroSPORTS

Quarter of calls to tenancy branch dropped

DISPUTES

System 'failing both landlords and tenants,' says MLA

Matt Kieltyka
Metro | Vancouver

A call to the Residential Tenancy Branch is likely to pile on even more frustration for fed-up tenants and landlords, documents reveal.

According to the branch's quarterly activity report, obtained by Vancouver-Point Grey MLA David Eby through Freedom of Information, 24 per cent of calls to the RTB in the 2014-15 fiscal year were abandoned.

In total, the branch counted 39,289 hang-ups during that period.

With an average call wait-time that exceeds 34 minutes, Eby isn't surprised people give up, no matter how dire their predicament at home.

"It's pretty clear that the systems in place are failing both landlords and tenants," said Eby. "If they can't reach someone and they have to hang up, their problems aren't resolved."

If callers do manage to get through, the branch can provide both tenants and landlords with advice for resolving disputes and inform parties of their rights on issues like noise complaints, renovictions, substandard conditions and rent increases.

The NDP MLA filed the information request because a constituent of his came seeking help in a landlord dispute.

Eby's office tried calling the RTB repeatedly on behalf of the constituent but weren't even able to get a busy signal or be placed on hold; the line was simply down.

Direct calls are the most common form of communication people use to contact the branch, according to the activity report.

In a city where rental vacancy rates are below one per cent, Eby said an underfunded and understaffed Residential Tenancy Branch puts vulnerable Vancouver renters at a disadvantage.

"The vacancy rate is so low and there are so few affordable spaces, renters can't just choose to move and find a better place," he said.

Not being able to contact the RTB in a timely manner to resolve their issue just prolongs their agony, Eby said.

"It's a double whammy."

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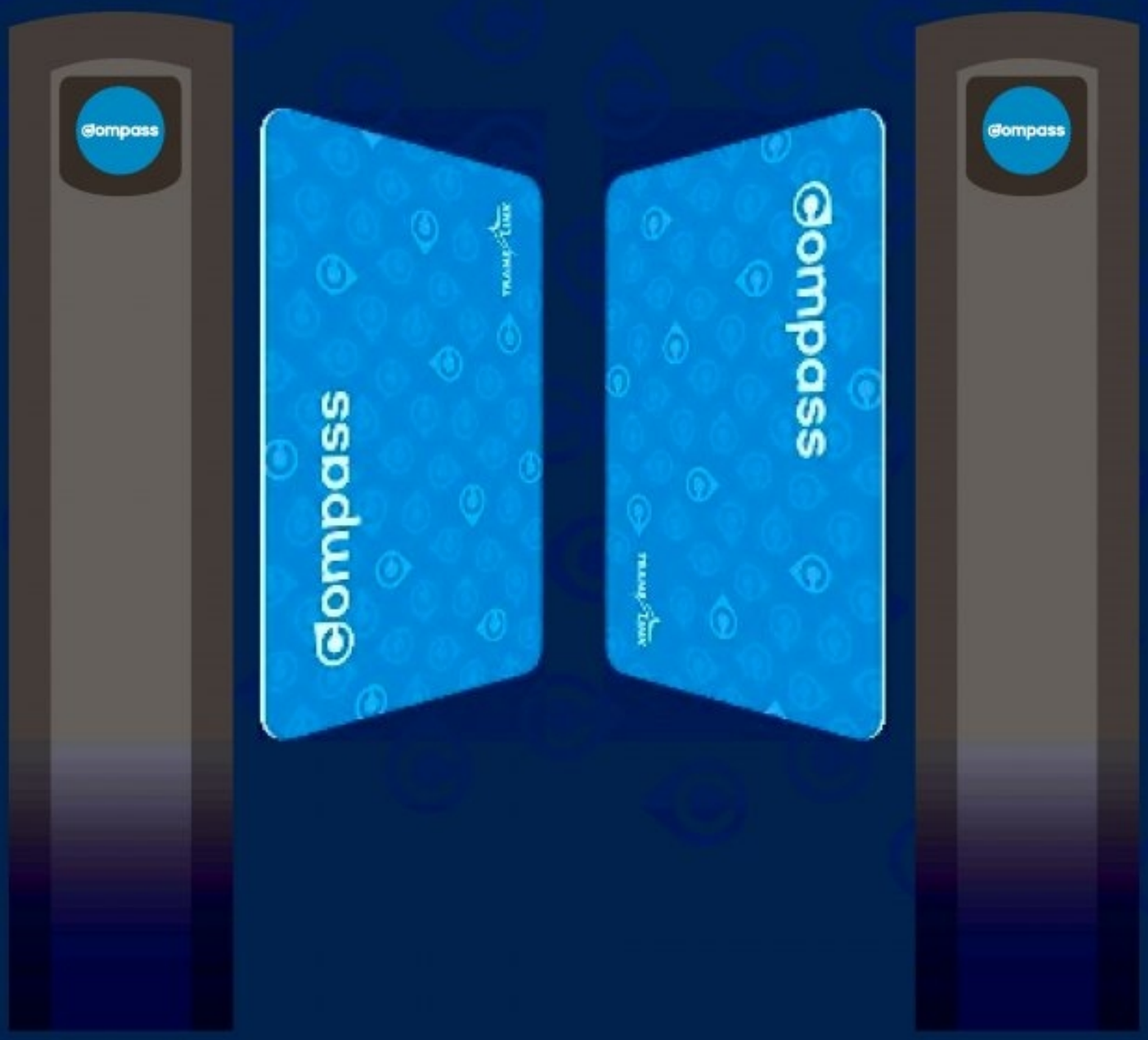

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Historic letter from 'Gassy Jack' sells for $44K in auction

HERITAGE

Vancouverite buys 141-year-old letter

Emily Jackson
Metro | Vancouver

A 141-year-old letter written by chatterbox saloon owner John "Gassy Jack" Deighton in Vancouver's post-gold rush, Wild West, early logging era sold for $44,000 in an auction this weekend.

A local collector purchased the March 11, 1875 letter after more than a dozen bidders, including two serious collectors very interested in the item, pushed up the price by more than $42,000 in less than a week, All Nations Stamp & Coin owner and auction-holder Brian Grant Duff said Sunday.

"To me, frankly, it was a priceless artifact," Grant Duff said. "It's just one of those amazing pieces of history."

The letter, where Gassy Jack explains he can't pay a bill, but has $1,000 worth of liquor on hand, is one of the only known artifacts belonging to the man for whom Gastown is named, Grant Duff explained. (Gassy Jack's trunk is displayed at the Maritime Museum.)

Grant Duff tried to convince numerous Gastown bars to "host" the letter for one night so he could introduce history to a younger audience and fulfil the romantic notion of returning Gassy Jack to his old saloon near Water and Carrall streets. But he got rejected, with one bar telling him Gassy Jack was "a bit of a rogue" and they didn't want bad karma.

"As is so often the case in my field, it's the collectors who appreciate these things the most," Grant Duff said.

Indeed, the letter had no problem attracting attention among history buffs. The fact it survived the Great Fire of 1886 — the year the City of Vancouver was incorporated — is remarkable, Grant Duff said, and gives people a glimpse into the city's prehistory when it was known as the Town of Granville.

He was not surprised by the final price, as a letter from Vancouver's namesake George Vancouver previously sold for about $34,000 in an auction.

The letter comes from the collection of Gerald Wellburn, who carefully curated postal history until his death in 1992. Other letters from his collection will be sold in the coming weeks, including one from former B.C. governor Anthony Musgrave and one from Sam Greer, the homesteader who claimed Kitsilano Beach and became a bit of a folk hero for shooting a sheriff when CP Rail tried to kick him off the land.

A statue of John 'Gassy Jack' Deighton in Gastown, which is named for him. ROBERT GIROUX/GETTY IMAGES

TRANSCRIPT MARCH 11, 1875

Burrard Inlet
March 11th 1875
Dear John,
I have been expecting you over here or I should have written before. You will think it strange of me not sending you the money I got from you before this. I had it in the bank last fall all ready to pay you, but I had some unexpected bad luck and had to draw it out to pay my debts in Victoria to save my credit, in fact it will take me a year from the time I left the Boat last fall to be in the same position I was last spring, but that is all right. I have got clear of that crowd I had round me and have got strangers and am getting along all right. I have got from 800 to $1000 worth of liquors on hand and all paid for and all the money I owe of any account is what I owe you and you shall be secure if anything should happen to me. John I shall never forget your kindness towards me, depend upon it and if there is anything I can do for you let me know and I shall be most happy to do it. It was a sad affair poor Jim Armstrong's death, it took me by surprise, it was impossible for me to leave home at the time or I should have attended his funeral. He was a good and a faithful man and his equal hard to find. How did you come out with The Custom House Office at Wrangell. It is reported here Otis Parsons had a hand in that with other dirty work. Keep your eyes open and attend to business,. Such men as them have had a long experience in roguery, hoping you are in good health.
I Remain Yours,
Respectfully,
John Deighton

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Surrey family's grief is shared

TODDLER DEATH

Several unexplained fatalities every year: Expert

Thandi Fletcher
Metro | Vancouver

The recent tragic death of Surrey toddler Sarah Rivera is raising questions about how a seemingly healthy child can die suddenly and without explanation.

On March 3, Sarah's mom Megan Carbonetto went to wake up her 14-month-old and was shocked to find she had died sometime in the night.

The autopsy came back with few answers; the coroner told Carbonetto that the cause of death was "undetermined."

As devastating as Sarah's death is, Carbonetto's family isn't alone in their grief.

Dr. Shubhayan Sanatani, head of cardiology at B.C. Children's Hospital, says between one and 10 of every 100,000 children in the province die of unknown causes each year.

"I just felt horrible for that family," Sanatani told Metro, describing his reaction to hearing about the case. "These events are happening several times a year to young families in B.C., and probably hundreds of times a year in Canada."

Sanatani, who was not Sarah's doctor and has never spoken with the family, is one of this country's foremost experts on the phenomenon.

Called Sudden Unexplained Death in Childhood, or SUDC, the term describes the sudden death of a child that remains unexplained after a thorough investigation.

Similar in concept to the more widely known Sudden Infant Death Syndrome, SUDC occurs in children over the age of 1, while SIDS occurs in infants under 1 — typically two to four months of age.

> **For a lot of these families we don't have an answer.**
> Dr. Shubhayan Sanatani

Most people are unaware of SUDC, likely because it is a relatively rare occurrence, said Sanatani. Still, when unexplained death strikes a child, it has a tragic impact on families, who often struggle with feelings of guilt in the grieving process, he said.

"For a lot of these families, we don't have an answer. And as much as they want an answer, the answer never brings the child back," he said. "We just have to do our best to support them and make sure that, when they have other kids, that they aren't at risk."

Surrey mom Megan Carbonetto is seen with daughter Sarah Rivera, who died last week of unknown causes. COURTESY MEGAN CARBONETTO

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CIVIC NEGOTIATIONS

Tentative deal for outside staff

Emily Jackson
Metro | Vancouver

The City of Vancouver announced a tentative deal for a new collective agreement with the union that represents its outside workers.

The city and CUPE Local 1004, which represents about 1,600 city and park board employees, reached the deal less than three months after the last four-year agreement expired on Dec. 31.

No details will be revealed until city council and the union members ratify the deal. If passed, it will mark the second uneventful round of negotiations between the Vision Vancouver majority council and the outside workers.

Relations between the parties have been largely peaceful since 2007, when the city was rocked by an 88-day strike where garbage collectors refused to pick up trash. The conflict was ultimately resolved with a five-year agreement that featured improved benefits and an outline for 2010 Winter Olympics work.

The last round of negotiations ended in 2013 and resulted in a three-year contract from 2012 to 2015. It included annual wage increases of up to two per cent.

Entering this round of talks, the outside workers expressed concern there aren't enough staff to keep the city clean; about 80 jobs have disappeared since 2011.

"It's difficult to keep the green spaces as clean as you expect them to be when we don't have enough human resources," CUPE Local 1004 president Andrew Ledger warned council at a December 2015 budget meeting. He described workers in a time crunch who mowed lawns before trash was picked up, resulting in "a confetti of garbage" at some city parks.

CUPE Local 1004 last made headlines during the 2014 municipal election campaign when it donated to Vision Vancouver after Coun. Geoff Meggs' campaign speech stating the mayor had "recommitted to not expand contracting out."

NPA mayoral candidate Kirk LaPointe made statements about Mayor Gregor Robertson over a "deal" with the union when Vision accepted the donation.

The mayor and CUPE sued LaPointe for defamation over the statements. A judge sided with the mayor and CUPE, and LaPointe apologized to both parties.

UNDER CONSTRUCTION

Burrard Street's facelift likely to last 18 months

Avoiding headaches may require avoiding Burrard Street — one of the busiest routes into downtown Vancouver — for the next year and a half.

The City of Vancouver will reduce traffic to one vehicle lane in each direction on parts of Burrard Street on Monday as it begins construction on sewer infrastructure between Broadway and 8th Avenue.

Construction to improve water, sewer and road infrastructure on the Burrard corridor between Davie and 16th Avenue is expected to last 18 months.

During construction, at least one lane will stay open in each direction (except for some full summer closures between Broadway and 16th Avenue). The bridge will remain open to all road users throughout construction, but the city warns road users to expect delays. EMILY JACKSON/METRO

Tournament a raging success

RUGBY

Fans fill the stadium as Canada hosts for first time

Trevor Beggs
For Metro | Vancouver

People not familiar with rugby may have thought that Halloween came early this year, as an onslaught of people dressed as pigs, penguins, bears and beavers invaded Vancouver's downtown for the inaugural HSBC Canada Sevens rugby tournament at BC Place.

It's the sixth of 10 stops for the annual HSBC World Rugby Sevens Series, a fast-flying version of the popular sport that features short matches with seven players a side instead of the usual 15.

Canada Sevens CEO Bill Cooper told Metro he was pleased with how receptive fans were to the tournament.

"It feels like there's a love affair here and as an annual that's what you want to see," said Cooper.

> **It feels like there's a love affair here and as an annual that's what you want to see.**
> Bill Cooper

There was an energetic atmosphere in and around BC Place, with fans of many different nations filling the stadium for a weekend of fast-paced rugby. Each Sevens game is only 14 minutes long, with 45 games taking place over the weekend.

Canadian fans Mark and Louanne Aplas had nothing but good things to say about the tournament.

"The energy level is fantastic and everyone is having a great time," said Mark, while sporting a bright golden tuxedo.

The couple has been to Las Vegas and Hong Kong a number of times for other rugby sevens tournaments, and they said that Canada has not disappointed in their first year hosting the event.

"I lost my voice from yelling yesterday," said Louanne.

Damon Holowchak from the Donnelly Group, which hosted a fan zone at Library Square with B.C. Rugby, said the theme is for people to "dress up like a crazy person and come down with a group of people."

It appears fans got the memo and expectations are high for when Vancouver hosts the tournament again in 2017.

"Everyone is learning about the tournament now, so it's going to be massive next year," said Holowchak.

Coquitlam United rugby player Blake Chernoff came down with some friends to cheer on Canada.

"We just came here with red wigs and red shirts, and we have a rowdy group here to cheer on Canada," said Chernoff.

Although his group of friends were at BC Place to cheer on the home nation, he admitted that the largest group of fans weren't cheering for Canada.

"The biggest fans are probably the Fijians."

Large groups of Fijian fans were easy to spot around the stadium. The team is a powerhouse on the rugby sevens circuit, winning the 2014-15 series title.

Fijian fan Zee Haroon and his friends excitedly gathered around for a group photo before going inside BC Place on Sunday. "You'll never see this many Fijians together at once," Haroon said jokingly.

"We're a small country doing well in a big tournament. Not many countries can say that," said Haroon.

Above: Fijian fans cheer on Canada during the bowl semifinal Canada versus England at the HSBC Canada Sevens at BC Place on Sunday. Canada won 17-7.
JENNIFER GAUTHIER/ FOR METRO

Right: Fans dressed up as beavers to support Canada during the tournament.
TREVOR BEGGS/FOR METRO

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‘Racism does hurt. It does impact a human being’

HUMAN RIGHTS

Activist Kat Norris shares her experiences with Metro

#HANDS AGAINST RACISM

Tereza Verenca
Metro | Vancouver

Kat Norris interacts with students at Dr. A.R. Lord elementary school in East Vancouver. JENNIFER GAUTHIER/FOR METRO

Local Coast Salish activist Kat Norris vividly remembers the time she spent at the Kuper Island residential school, a “horrific” experience that remains seared in her memory.

Norris and her three siblings arrived to the brown brick building in the middle of the night.

“It looked kind of eerie,” said Norris, who was around eight years old at the time. “They brought us into a little room. They gave us crackers and cheese, and there were nuns and the priest.”

The children were immediately separated and would only see each other in passing over the next three years.

“It was horrible because my brothers and my sister and I, we were like puppy dogs. We played together every day. At the school, we got in trouble if we talked to them,” she told Metro.

The residential school system was set up by the Canadian government in the 19th century as a way of indoctrinating aboriginal children into Euro-Canadian and Christian ways of living and assimilating them into mainstream society. Students were separated from their families for long periods of time and were not allowed to acknowledge their heritage, including being forbidden to speak their language. Many, like Norris, were sexually, emotionally and physically abused at the hands of school staff.

One of the priests, she remembers, would molest her inside the infirmary or at the dentist’s office.

During one of those visits, she decided to run from her abuser.

“What dawned on me is, I’m running around, moving furniture and nobody’s coming to help,” Norris explained.

“I looked at the door where the dentist was operating and realized that he knows what’s happening and he’s not doing anything.”

After coming out of residential school, it would be 15-plus years before Norris would open up about what she went through. As a young mother, she was overprotective of her sons, always in “survival mode,” and like many other survivors, seeing a dentist caused severe anxiety. Even taking her son to his first day of Grade 1 is still a painful memory.

“I remember I looked up at the school and my breath was taken away. All of a sudden I felt intimidated. He went in by himself,” she said through tears.

Today, Norris is still on her “lifelong healing journey” and for the last 20 years, has used her story to educate others about her people’s culture and history. This month’s Raise Your Hands Against Racism event is no exception. Norris will be one of many guest speakers on AM 1200 Spice Radio, the organizer behind RYHAR, which asks Metro Vancouverites to dip their hand in coloured paint on March 19.

“Racism does hurt. It does impact a human being, and often, it seems to me, it should be common knowledge by now,” the activist said.

“People that perpetrate upon another person, if they felt good about themselves, if they felt confident about themselves as human beings, they would have no need to put down another person.

“I think that parents need to work with their kids before any of that happens. Like how to walk tall, to be confident, to get involved in school, to use their voice.”

SHOW SUPPORT

Using the hashtag #HandsAgainstRacism, Vancouverites are encouraged to take a selfie with their hand raised and post it to social media. To learn more about the campaign, visit spiceradio.net/hands-against-racism.

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ENVIRONMENT

Seagulls rescued from bin

Dozens of trapped seagulls are to be treated as oil-spill survivors after being saved from an industrial waste container in Vancouver.

Animal rescuers were called in Friday afternoon to extricate 62 gulls trapped in a partially-covered scrap bin behind a tofu factory.

“It turns out the tofu residue, or the soybean residue, is leaving some sort of oil on the birds,” said Yolanda Brooks, spokeswoman for the Wildlife Rescue Association. “(Staff) are going to give them a full oil-spill bath.”

Superior Tofu, the company whose waste containers were at the centre of the situation, has told its workers to improve the bin’s metal grate cover, which allowed the animals to enter but not escape, Brooks said.

All the seagulls are in stable condition and none have died, though Brooks said three have eye infections, one has a puncture wound and another a possible broken pelvis. THE CANADIAN PRESS

PROVINCIAL GOVERNMENT

Charges laid in email case

Charges have been laid in the case of a former British Columbia government employee who allegedly deleted emails to skirt a freedom of information request.

George Gretes, who worked as a ministerial assistant in the Transportation Ministry, was charged Friday with two counts of wilfully making false statements to mislead or attempt to mislead the province’s privacy commissioner under the Freedom of Information and Privacy Act.

Last October privacy commissioner Elizabeth Denham released a report on how the government holds onto records and information, such as emails.

Her investigation was spurred by a whistle blower’s allegations that his supervisor deleted emails about the Highway of Tears investigation into missing and murdered indigenous women.

Tim Duncan submitted a complaint to Denham’s office alleging records that were needed for the freedom of information request were “triple deleted.”

Denham’s report says Gretes did not completely respond to freedom of information requests and allegedly lied about it under oath.

The allegations have not been proven in court.

Denham’s report also noted that several government departments failed to keep adequate email records and wilfully destroyed records in response to freedom of information requests.

The 65-page document recommended technology be installed to prevent employees from permanently deleting emails and legislation be created that would require the documentation of key government decisions.

Premier Christy Clark responded to the report by telling all political staff and ministers not to delete their emails.

Denham sent her report to the RCMP and a special prosecutor was appointed to give police legal advice and decide whether charges should be laid.

Gretes was suspended with pay last May and Transportation Minister Todd Stone said his resignation was accepted when the privacy commissioner’s report was released in October.

He is scheduled to appear in provincial court in Victoria on April 20. If the case proceeds to trial, it will be heard by a judge alone.

The penalty for the charge is a fine of up to $5,000.

THE CANADIAN PRESS

Canadian fashion in spotlight

CHINESE CULTURAL CENTRE

Designers, jewellers to showcase skills

Thandi Fletcher
Metro | Vancouver

When Sophie Gregoire-Trudeau stepped out at the state dinner in Washington, D.C., last week donning a dress from a Canadian fashion designer, few people were more pleased than Jamal Abdourahman.

For more than a decade, the founder of Vancouver Fashion Week says he has worked to put Canadian fashion designers on the map. Now with Gregoire-Trudeau helping shine a spotlight on homegrown fashion, Abdourahman said he hopes the rest of the world will finally realize the design talent that exists in this country.

"It was great to see," he told Metro. "The thing about Canadian fashion is we have good quality and good talent, but it means nothing if nobody hears about it."

That's what Abdourahman is trying to change through VFW.

Now in its 27th season, the weeklong style extravaganza, which kicks off Monday, will feature nearly 100 designers from around the world showcasing their 2016 fall and winter collections. This week's shows are taking place at the Chinese Cultural Centre at 50 E. Pender St.

Apparel aside, this season's VFW is also putting the spotlight on local jewellers.

Six jewellers — including Kate Made, Lana Betty, Jen Ellis, Pam Jackson, Anita Sikma and Christine Rio — have been selected by VFW panel to showcase their designs in the venue's showroom.

Also new to this season's VFW is a focus on even more international designers.

For the past year, Abdourahman has travelled to fashion weeks around the world to select designers to take part in VFW.

The goal, he said, is to offer them international exposure while in turn raising awareness about Canadian fashion.

> **We have good quality and good talent, but it means nothing if nobody hears about it.**
> Jamal Abdourahman

And if he can get Grégoire-Trudeau to don a piece from a Vancouver Fashion Week designer next time, Abdourahman said he will have succeeded.

"They're young," he said, referring to Prime Minister Justin Trudeau and his wife. "And they seem to be a good couple who will support this."

DATES

Vancouver Fashion Week runs March 14 to 20. The opening gala kicks off at 7 p.m. Monday. For the full schedule and tickets, visit VanFashionWeek.com.

Jamal Abdourahman, founder of Vancouver Fashion Week, stands at the Chinese Cultural Centre, the venue for the weeklong style extravaganza taking place March 14 to 20.
JENNIFER GAUTHIER/METRO FILE

IN BRIEF

Second snowmobiler killed in an avalanche

An avalanche has taken the life of another snowmobiler in British Columbia's Interior, the region's second such incident within the past week.

Rescue crews recovered the body of a man trapped in a snow slide near Crowfoot Mountain, about 90 kilometres northeast of Kamloops.

Shuswap Search and Rescue manager John Schut says three avalanche technicians were deployed to the site after crews were notified around 11:45 Sunday morning.

No one else was injured in the slide.

Last Tuesday, the body of a 34-year-old man was found in an avalanche zone near Sicamous after crews picked up a signal from his personal-location device.

He had left two days earlier on a solo backcountry trip and was known to go sledding for multiple days at a time.

"I would caution people that avalanche conditions are quite dangerous around here right now," Schut says. "People need to be wary of that."

THE CANADIAN PRESS

TENT CITY

Province in court to remove homeless

British Columbia government lawyers were in court Friday arguing to remove a homeless camp on the grounds of the Victoria's law courts, saying the tent city is smoky, messy and scary.

The provincial government is seeking an injunction in B.C. Supreme Court to shut down the camp that has seen more than 100 people living in tents on the courthouse lawn since last spring. The hearing is scheduled to last three days.

Homeless people from the camp packed the courtroom and at one point turned their backs on Chief Justice Christopher Hinkson when he entered the court.

One of the province's highest-ranking judges permitted some courtroom spectators, most of whom were from the homeless camp, to ask questions and make statements from the floor, which caused the hearing to resemble a public hearing.

Jesika Knutson, who was not called to testify as a witness, spoke to the court while the Crown was outlining housing options the government has made available to the campers.

She said she left the camp to live in a government shelter that was a former youth jail, but the building is undergoing renovations and she's sleeping in a government-provided tent on the jail grounds. "I'm still outside in a tent," said Knutson. "They are moving slowly."

$350,000

The provincial government's estimated cost to clean up the site of the homeless camp.

The injunction application says people living in the camp are trespassing and have defied requests and orders to leave the property, despite the government offering other housing.

It alleges the campers have compromised health and safety in the area by creating fire hazards, defecating in and around the camp, leaving used needles and syringes in the area, and engaging in criminal activity, such as drug trafficking.

Crown lawyer Tyna Mason said the camp is not sustainable as a long-term housing option and it poses health and safety risks. She said people in the neighbourhood complain about smoke from fires while others say they are afraid to access the courthouse.

THE CANADIAN PRESS

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Unusual sit-down for MPs, agencies

INTERNATIONAL AID

Ministers of development, defence discuss global support

Canadian aid agencies have met several times with International Development Minister Marie-Claude Bibeau since the Liberals took power so when they received an invite to sit down with her last week in Ottawa, it wasn't unusual. Notable, though, was who else was there: Defence Minister Harjit Sajjan.

Humanitarian and development support has been part of Canada's contribution to the international fight to rout Islamic militants in Iraq and Syria for the last 18 months, but the Liberals' recent refocusing of the mission to place greater emphasis on that support leaves the government grappling with a problem: how to get Canadians onside without putting the work of those delivering that aid at risk.

It's a communications quandary more than anything else — link the military and humanitarian contributions too closely and it creates the perception that humanitarian groups aren't the neutral bodies they must be in order to safely operate.

"If you use an integrated or whole-of-government approach, you have to be very careful on the activities that you conduct and the way that you call them," said Stephen Cornish, executive director of Doctors Without Borders, who called Sajjan's presence at the meeting a positive sign.

While Bibeau has made it clear humanitarian principles will be respected, having Sajjan in the room was significant, said Gillian Barth, president and CEO of CARE Canada, who was also at the meeting.

"We haven't had the opportunity in the past to engage with the minister of defence," she said.

Making the case directly to the minister was important given a mistake the previous government made last year.

A spokesperson for Sajjan said the minister wanted to be in the room because of his international experience and awareness of the work NGOs do.

"It is important to the government of Canada that we work with our international partners to promote peace and stability worldwide," Jordan Owens said in an email. THE CANADIAN PRESS

ISIL MISSION

Last spring, when the anti-ISIL mission was broadened to include bombing targets in Syria, a page was put up on the Foreign Affairs website with photographs highlighting Canada's work. One was of a fighter jet and next to it a picture of international aid workers handing out supplies.

NGOs quickly demanded the pictures be removed, worried that connecting their workers to fighter jets would make them targets. THE CANADIAN PRESS

Signatures of various MPs and the prime minister adorn a booklet sent to Degas Sikorski, an Edmonton area man who received a Valentine at work last month that was defaced with a homophobic message. HANDOUT/THE CANADIAN PRESS

SUPPORT

PM's special Valentine message

An Alberta man who got a Valentine at work defaced with a homophobic slur has received a much nicer card signed by Prime Minister Justin Trudeau.

The card, which Degas Sikorski received on Saturday, contains messages of support from the prime minister as well as cabinet ministers and MPs.

"Know that your friends outnumber the haters by millions, and I am one of your friends," Trudeau wrote in the card, which was delivered to Sikorski by Edmonton Centre MP Randy Boissonnault.

A photo of the Valentine that Sikorski, 20, of St. Albert received last month at a party supplies store in Edmonton caused an online furor after his mother posted it to Facebook.

She said a supervisor at the Party City store made Valentines for all the staff, but when her son picked his up, it had a hate message on it.

Sikorski said the card from Trudeau and other MPs also contained photos of the prime minister signing it.

"It was a beautiful card," Sikorski said. "There were so many pictures and so many people wanted to sign it, they had to add extra pages.

"Canada went from being this big, wide-open country to feeling like Ottawa and Ontario were right next to Alberta." THE CANADIAN PRESS

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COMMUNITY

Do-it-yourself biology summit galvanizes citizen scientists

In a community laboratory she co-founded, Alaina Hardie isolates and sequences sections of her own DNA though she has no formal education in biology.

The Toronto software developer believes that "citizen scientists" like her have potential to make breakthroughs as significant as universities or big corporations. It appears the federal government thinks so too.

"I sure hope they capitalize on us," Hardie said ahead of a do-it-yourself biology convention in Ottawa scheduled for Wednesday. "In some garage, or DIY hackerspace, or after-hours in some university lab, the next big thing is coming."

The Public Health Agency of Canada has invited 60 DIY-biology leaders, academics and police to attend the first-ever "Do-It-Yourself Biology Summit." It will also host 300 video links at a total conference cost of $15,000, said Marianne Heisz, a director with the agency's centre for biosecurity.

Participants will get a snapshot of the growing open-science movement, discuss building a culture of safety and dream up future collaborations. Heisz said the government wants to leverage the brainpower of a legitimate emerging community.

Scott Pownall, co-founder of the Open Science Network, works in Vancouver's first community biolab in Vancouver, B.C. JONATHAN HAYWARD/THE CANADIAN PRESS

"They're doing real science," she said. "They're just doing it in a non-traditional way, sometimes outside of the larger institutions that it traditionally has been done."

Practitioners say DIY biology amounts to crowdsourcing science. They believe making biological sciences accessible to anyone could spur solutions and new inventions, similar to the leap forward when computers were put in the hands of the masses.

"You hear stories about Frederick Banting inventing insulin, which is an absolutely amazing and critical contribution to the world," said Dickie.

Scott Pownall, who runs the Open Science Network in Vancouver, says he believes a number of PhDs are leaving the sciences and calls himself an example of what's happening.

"Community biolabs may be an avenue in which individuals outside of academia and industry can economically drive innovation." THE CANADIAN PRESS

SYRIA

Young generation destroyed by war

A report published by the UN children's agency UNICEF, details the dangers Syrian children face from hunger to military attacks, physical and emotional trauma, disease and recruitment to violence.

"Bombs have turned classrooms, health centres and parks to rubble," it says. "The streets where they should be able to play are blocked by checkpoints or littered with explosive remnants of war.

"Diseases once vanquished have returned."

Armed groups are recruiting children at earlier ages, UNICEF said — including those as young as seven. Some are offered "gifts and salaries of up to $400 US a month," others are kidnapped.

The UN has verified that more than 460 children have been abducted as fighters.

Numbers of child refugees have also escalated from 520,348 in 2013 to 2.4 million today. But for those who make it to safety, there is no certainty of a future.

"There's a sense of limbo," says David Morley, UNICEF Canada's president and CEO, who has visited refugee camps in the region. Providing education is crucial, to prevent millions of children from becoming a lost generation.

In January UNICEF staff found desperate conditions in the besieged town of Madaya. Starving children begged for bread, others were dying, too weak to survive even after help arrived.

A separate report issued last week, and signed by 30 aid and human rights groups — including Oxfam, Care International and Save the Children — pointed a finger at the UN's veto-wielding permanent members. It accused them of failing to apply diplomatic pressure to alleviate Syrians' suffering

TORSTAR NEWS SERVICE

+ CHILDREN HIT

Conflict in Syria has left children at risk of dying from explosives, disease, and hunger. From a UN report:

- **Seven million children** in Syria live in poverty
- **Three: The age of the youngest Syrian children** who are working
- **2.8 million Syrian children** have been taken out of school
- **70% of Syrian children** have no access to reliable water
- **810,926 children** under age five have taken refuge in other countries

Turkish riot police secure the scene after an explosion in Ankara on Sunday. GETTY IMAGES

People carry an injured person after an explosion in Ankara. HURRIYET DAILY / THE ASSOCIATED PRESS

The wreckage of a bus after the explosion. GETTY IMAGES

Car bomb kills at least 34, injures 125

TERRORISM

Third bombing in Ankara in five months

A suicide car bomb went off near bus stops in the heart of Turkey's capital on Sunday, killing at least 34 people and wounding around 125 others, officials said.

The blast occurred on the city's main boulevard, close to Ankara's main square and a park.

Health Minister Mehmet Muezzinoglu said 19 of the wounded were in serious condition. He said that 30 of the fatalities died at the scene, while the other four perished at hospitals. Two of the dead were believed to be the assailants, he added.

Interior Minister Efkan Ala said the attack, which came as Turkey prepared to launch large-scale military operations against Kurdish militants in two towns, wouldn't deter the country from its fight against terrorism. He confirmed the blast as a car bomb that targeted civilians at bus stops on Ataturk Bulvari close to Kizilay square.

Ala said authorities had evidence pointing to the group behind the attack, but said an announcement would be made after the investigation is completed.

Dogan Asik, 28, said he was on a packed bus when the explosion occurred.

"There were about 40 people," said Asik, who sustained injuries on his face and arm. "It (the bus) slowed down. A car went by us, and 'boom' it exploded."

Police sealed off the area and pushed onlookers and journalists back, warning there could be a second bomb. Forensic teams were examining the scene.

No one has claimed responsibility for the attack, although Kurdish militants and the Islamic State group have carried out bombings in the city recently. A far-left militant group is also active in Turkey.

The bombing is the third in the city in five months and comes as Turkey is faced with an array of issues, including renewed fighting with the Kurdish rebels, threats from the Islamic State of Iraq and the Levant (ISIL) group and a Syrian refugee crisis.

Turkey also has been struck by several bombings in the last year that were blamed on ISIL as the government joined efforts led by the U.S. to fight the extremist group in Syria.

The deadliest came in October when a peace rally outside Ankara's main train station killed 102 people.

THE ASSOCIATED PRESS

EXTREMISM

Tourists targeted at Ivory Coast beach

Armed men attacked an Ivory Coast beach resort Sunday, killing at least 16 people and sending tourists fleeing through the historic town of Grand-Bassam in an attack claimed by al-Qaida's North Africa branch.

Bloody bodies were sprawled on the beach and witnesses described horrific scenes as a lazy weekend afternoon was shattered by the West Africa's latest extremist strike.

Ivory Coast's President Alassane Ouattara told reporters at the scene that 14 civilians, two special forces and six assailants were killed when the gunmen stormed the beach. The president arrived in Grand-Bassam a few hours after the attack, visiting the hotels and saluting security forces for their quick response.

"I present my condolences to the families of the people who were murdered, and of course I am very proud of our security forces who reacted so fast," Ouattara said.

Al-Qaida in the Islamic Maghreb claimed responsibility for the attack, according to SITE Intelligence Group which monitors jihadist websites.

The bursts of gunfire sent people running from the beach at Grand-Bassam, a UNESCO World Heritage site and popular destination for Ivorians and foreigners about 40 kilometres (25 miles) east of Abidjan, Ivory Coast's commercial centre.

It was the third major attack on a tourism centre in West Africa since November. THE ASSOCIATED PRESS

+ NORTH AFRICA

Attacks by extremists on hotels frequented by foreigners in two other West African countries, Mali in November and Burkina Faso in January, killed dozens of people and indicated that extremist attacks are spreading from North Africa.

ENVIRONMENT

Up to 100 to sign treaty: UN climate chief

The official in charge of global climate negotiations says between 80 and 100 countries are expected to sign the landmark agreement to tackle climate change reached in Paris in December at a ceremony at UN headquarters on April 22.

Segolene Royal, French environment minister and newly appointed president of UN-led climate negotiations, said Friday that more than 30 heads of state and government have said they'll attend the signing event. Invitations signed by UN Secretary-General Ban Ki-moon, French President Francois Hollande, and herself are being sent again to all world leaders.

"I will, of course, work very hard so that we get these 80 to 100," Royal told reporters after meeting Ban. "We might have more, which would be fantastic."

> **We might have more, which would be fantastic.**
> Segolene Royal, head of UN climate negotiations

Royal said every country has developed a plan to fight climate change and on April 22 they will be explaining what they have done so far.

The Paris Agreement must be ratified by at least 55 countries representing at least 55 per cent of global greenhouse gas emissions to enter into force.

It sets a collective goal of keeping global warming below 2 degrees Celsius compared to pre-industrial times, and to pursue efforts to limit the temperature rise to 1.5 degrees Celsius.

The pact requires all countries submit plans for climate action and update them every five years, though such plans are not legally binding.

Royal sidestepped a question asking whether she was concerned that the United States might pull out of the agreement if one of the Republicans who oppose the accord makes it to the White House.

She said support from the Obama administration and U.S. involvement has been very important.

THE ASSOCIATED PRESS

ONTARIO

Idea of guaranteed income to be tested

A single paragraph buried in the Ontario budget could mean big changes in the lives of some of the province's most impoverished residents by giving them a guaranteed minimum income.

Last month's provincial budget promised a pilot project to test "that a basic income could build on the success of minimum wage policies and increases in child benefits by providing more consistent and predictable support."

The concept is on the radar of the federal Liberals, too — a Liberal-dominated parliamentary committee called on the Trudeau government to explore the concept of guaranteeing people a minimum income in a pre-budget report tabled Friday.

Charles Sousa, Ontario's finance minister, said the province has not decided which community will be the test site for a basic income guarantee.

"It's something that many people seem to have an interest in us testing out, so we're looking at something in the fall," he said. "Other jurisdictions are using it, and I want to see if it makes sense for us."

Proponents say a guaranteed minimum income, which would see families living below the poverty line topped up to a set level, would be more efficient and less costly than administering the existing series of social programs that help low-income residents.

They also say poverty is one of the biggest determinants of health, and a guaranteed minimum income could mean reduced health-care costs.

"Poverty costs us all. It expands health-care costs, policing burdens and depresses the economy," Sen. Art Eggleton said last month as he called for a national pilot project of a basic income guarantee.

About nine per cent of Canadians live in poverty.

If Ontario's basic income pilot project is designed correctly, it could help eliminate some of the "perverse incentives" that institutionalize poverty, said Danielle Martin, vice president of Women's College Hospital in Toronto.

THE CANADIAN PRESS

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South Korean professional Go player Lee Sedol reviews one of his matches against Google's artificial intelligence program, AlphaGo in Seoul, South Korea. THE ASSOCIATED PRESS

Go grandmaster defeats computer

SEOUL

South Korean says he found weaknesses in AI program

A champion Go player scored his first win over a Go-playing computer program on Sunday after losing three straight times in the ancient Chinese board game, saying he finally found weaknesses in the software.

Lee Sedol's victory over AlphaGo is a reminder that Google's Go-playing program has room for improvement despite winning the first three matches in the best-of-five series and the $1 million US prize, which will be donated to charity. The program — the first computer system to defeat a top Go player — was developed by Google DeepMind two years ago.

"This one win is so valuable and I will not trade this for anything in the world," Lee, one of the best Go players in the world, said with a smile after entering the post-match news conference at a Seoul hotel to applause from journalists.

Lee had said earlier in the series, which began last week, that he was unable to beat AlphaGo because he could not find any weaknesses in the software's strategy.

But after Sunday's match, the 33-year-old South Korean Go grandmaster, who has won 18 international championships, said he found two weaknesses in the artificial intelligence program.

Lee said that when he made an unexpected move, AlphaGo responded with a move as if the program had a bug, indicating that the machine lacked the ability to deal with surprises.

AlphaGo also had more difficulty when it played with a black stone, according to Lee. In Go, two players take turns putting black or white stones on a 19-by-19-line grid, with a goal of putting more territory under one's control. A player with a black stone plays first and a white-stone player gets extra points to compensate.

Lee played with a white stone on Sunday. For the final match, scheduled for Tuesday, Lee has offered to play with a black stone.

Three hours into Sunday's match, it became clear that Lee would finally notch a win. AlphaGo narrowed the gap with Lee, but could not overtake him, resigning nearly five hours into the game.

The popular Asian board game has remained the holy grail for the artificial intelligence community for about two decades, after chess was conquered by computers.

THE ASSOCIATED PRESS

> **This one win is so valuable and I will not trade this for anything in the world.** Lee Sedol

Cranes move material at the Hudson Yards site in New York. THE ASSOCIATED PRESS

NEW YORK

Building boom changing skyline

Tommy Gambardella is a master of New York's construction universe.

Gambardella, 49, is at the helm of one of the giant tower cranes sprouting across the city, a prime force in a building boom that is changing New York's skyline. It can be dangerous work — a fact hammered home by several deadly accidents in recent years.

New York is enjoying a construction bonanza following a recession that choked new investment for years. The city has issued permits for about $35 billion US worth of both residential and commercial construction in the past year.

Fifty-five tower cranes and 26 smaller, "crawler" cranes are now in use, licensed by the city — about twice as many as two years ago, according to the Department of Buildings.

THE ASSOCIATED PRESS

metro VIEWS

Your essential daily news

Monday, March 14, 2016

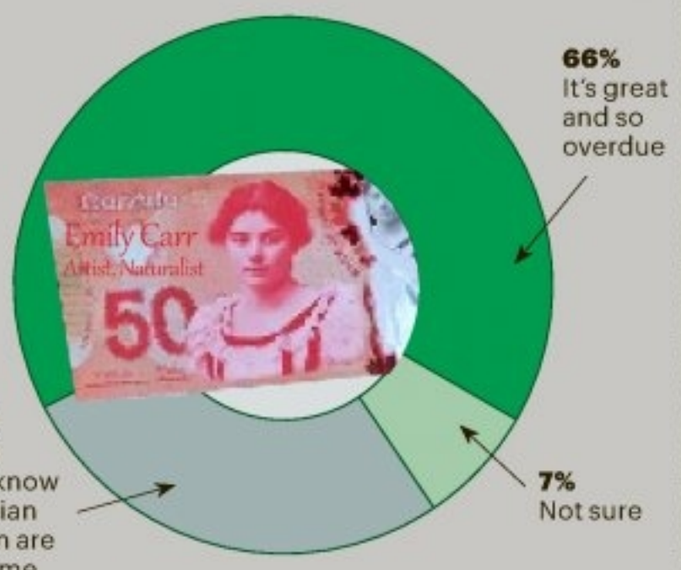
UNDER FIRE
Top experts have shot holes in the data used for a Lancet study claiming strict gun control would decimate firearm deaths in the U.S.

METRO MONDAY POLL

Who should be the lady on our money?

Author? Astronaut? Activist? We asked our readers to choose who should be on the new bank notes Prime Minister Justin Trudeau has confirmed will picture an iconic Canadian woman starting in 2018. Though the real bill will feature a woman who died in 1991 or before, we asked for all your suggestions — and you came up with more than a few formidable females worthy of the honour.

1 What do you think about women on currency?



2 Who would you pick to be on the new bills?

18% Nellie McClung (women's rights activist)
16% Laura Secord (hero of the War of 1812)
9% Kim Campbell (prime minister)
8% Viola Desmond (civil-rights activist)
6% Emily Howard Stowe (first Canadian female doctor)
6% Roberta Bondar (astronaut)
5% Emily Carr (painter)
5% Lucy Maud Montgomery (author)
27% Other

WE ASKED Metro readers

All of the Famous Five! No other group of women has done more for women in Canada.

E. Pauline Johnson (Tekahionwake), for her poetry celebrating Aboriginal heritage.

Why not do a full series of bills using women? Don't women deserve more than a 'Oh Ya One Woman Did Something'?

(First female MP) Agnes MacPhail, because she devoted her life to service of Canada and increasing opportunities for Canadian women.

visit metronews.ca
HAVE YOUR SAY

Empty condos feel like a sucker punch to renters

CITY HOLLER
Trish Kelly

I rent out a small one bedroom in a newish building. By strata council standards, it goes by Aussie rules: rentals are allowed, pets are kosher, and if I want to use the media room there's no form to submit.

I'm a lucky landlord. I'm renting to a couple who are such diligent tenants, I feel like I've rented to a better version of myself. They text me when mail makes it through the shoddy Canada Post redirect system, they pay their rent on time, and send apologetic but timely emails about repairs.

I'm also a lucky tenant. The two-bedroom condo my boyfriend and I are renting was on the market for 45 minutes before we viewed it, and the owner took a liking to us. We walked out with a handshake agreement that I worried was some kind of mean trick, but it wasn't.

There is one small catch. The building has rental restrictions, so we have a tenuous one-year lease. Come next fall, we'll likely be told the landlord's kids are moving in. Even if the kids aren't ready, the strata could get cranky and decline a renewal, leaving us apartment hunting, and our landlords sitting on an empty condo.

Anyone who has rented in a condo building will recognize the snobby language used to keep tabs on who's who. An upcoming info session hosted by our building's strata council clearly notes it's for "owners only." Renter seems synonymous with squatter, and many condo buildings restrict renters and pets in the same indignant breath.

A recent study commissioned by the City of Vancouver examined BC Hydro data to gauge the number of empty homes. The researchers raised several caveats about the data, noting the limitations of deciding if a home is occupied based on electricity use. Lights on timers, electric space heaters, and secondary suites without a separate meter can all the fog the data.

But the study said that there are nearly 10,000 condos sitting empty in Vancouver. The study noted the percentage of empty condos has not changed much in a decade. It's little comfort to those on the hunt for housing. In fact, city staff say it's the equivalent of two to three years' worth of current housing construction in our city, a factoid equivalent to a sucker punch in the gut of any renter.

Dare I say part of the solution to our housing woes is to change the strata bylaws in B.C. to forbid rental restrictions and give condo owners who want to rent, the legal right to do so? By the time you read this sentence, somewhere in Vancouver, in a quiet, owner-only condo building, a strata member will have begun to compose an irate letter to the editor.

The percentage of empty condos has not changed much in a decade. City staff say it's the equivalent of two to three years' of housing construction.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD
metroview

What assisted-dying advocates can learn from the abortion fight

Anyone watching the assisted-dying debate will see the similarities to abortion.

David Nash, chair of the Catholic Health Association of Ontario, does. Interviewed recently by CBC's Anna Maria Tremonti, he said, "We've been through this before, and uh, with these arguments..."

"On what?" Tremonti pressed.

"Well, on, on, on, reproductive issues," Nash said, leaving Tremonti to actually say the word.

"On abortion," she clarified.

"Yeah."

That Nash had trouble even saying the word speaks volumes for the stigma that still surrounds women's right to an abortion in Canada — something that is legal, but governed by no law.

Like abortion, some doctors and health institutions say the practice goes against their conscience (only 29 per cent have said they'll perform it, according to the Canadian Medical Association).

Like abortion, assisted death is legal, like it or not. But legality doesn't mean accessibility, as abortion seekers in many rural areas will attest (or anyone in P.E.I., which is being sued for failing to provide abortion access).

For assisted-dying advocates, abortion offers a warning. And for abortion advocates, the assisted-dying laws could offer hope.

Let's begin with the warning. Dr. Wendy Norman, the Canadian Institutes of Health Research chair in family planning, says provinces with equitable abortion access have laws that require abortion services to be spread across population centres. Without that, she says, "There's gross inequity" for rural areas. In other words: If we don't mandate access, people will be denied their rights.

Even Mifegymiso, the abortion pill soon to be available in Canada, may not solve the issue, Norman warns. Thanks to Health Canada rules, only doctors, not pharmacists, will be allowed to give the drug to patients. Those rules could lessen the number of doctors willing to prescribe it, she warns. In other words: If you make it burdensome for physicians, that may hinder care.

Now, for hope. If assisted dying becomes easily accessible, that could aid advocates for better abortion access. The joint parliamentary committee report made it explicit that all publicly funded health institutions should provide assisted dying. While that seems unlikely, and maybe not necessary, a push to normalize and destigmatize the ending of life could help wash away the stigma still clinging to abortion. Norman noted, despite being proud to provide them, rural physicians who offer abortions tend to keep the practice quiet.

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metro LIFE

Your essential daily news

Madonna's daughter Lourdes Leon makes modeling debut for Stella McCartney

Can Yolanda and Annick meet their financial goals? **Metro's finance guru Lesley-Anne Scorgie** is almost out of time to help the women tackle their largest financial burdens and teach them to allocate resources.

What giving is really worth

LESLEY-ANNE SCORGIE
metro*money*

THE CHALLENGE: Two young women want to change their lives by transforming their finances and creating a plan to achieve their top goals. For 27-year-old Yolanda, that is eventual home ownership and for 24-year-old Annick, that's getting out of debt. Join the conversation #MetroMoneyMakeover @LesleyScorgie.

THIS WEEK: Should Yolanda stop tithing to her church or cancel her subscription to sponsor two children in developing countries? If so, she'll be able to amp-up her savings for a down payment, but it might break her heart in the process.

NEXT WEEK: Annick has to file her taxes and create a plan for her expected return. But, what will she do if, like last year, she's on the hook to pay-up? The case for emergency funds and a higher income gets stronger by the week.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

THE SITUATION

Yolanda's frugality is paying off. She's up to $600 per month in savings towards a down payment and once she's moved back in with her mom, she'll be able to save an additional $200 per month.

To smooth out Yolanda's monthly cash flow, we re-scheduled her regular contributions into her TFSA, RRSP and savings account (a.k.a. her buffer account) from monthly to bi-weekly. That aligns with her bi-weekly paycheques and now she won't feel squeezed on the first of every month.

I've bit my tongue for over two months now, but finally asked Yolanda whether she believes she can afford to continue giving away $350 per month. Since she was young, her motto has been to give 10 per cent, but because she's got a huge generous heart, one child-sponsorship turned into two, which then turned into tithing more to her church and, voila, 10 per cent turned into 15.

After thoughtful consideration, Yolanda has decided to pare back her donations to $260 per month starting in April. She will still get the deep pleasure of knowing she's helping others, but not at the expense of pushing out her financial goals another few years.

THE LESSON

Besides getting ripped off, there are very few things that irritate me more than when I hear "I can't give because I don't have any money." Giving happens in a variety of ways — volunteering and money. During various stages of your life you'll have more money than time, or vice versa.

Giving is a critical component of any rock-solid financial plan because there is a return on investment when you give — investor types call this ROI. Not only does it help strengthen the fabric of our community (and reduce strain on important social systems), it leads to job and leadership opportunities, increased sales and expanded networks.

Even when mega-wealthy people were poor and just starting out, most made giving a priority, just like Yolanda. When polled, rich people often attributed their financial success to spending within their means, saving for the future and giving back.

Yolanda doesn't make gobs of money. But with her $41,000 annual income per year, she's chosen to follow in the footsteps of rich people; making giving a "need" rather than a "want."

$ NET WORTH

THE PROGRESS

Yolanda is kicking financial butt! Since first meeting her in December 2015, she's increased her net worth by $2,450!

Assets	Dec-15	Mar-16
TFSA	$400	$800
RRSP	$600	$1,100
Savings	$0	$150
Pension	$3,300	$4,700
Total Assets	**$4,300**	**$6,750**
Liabilities		
VISA	$0	$0
Master Card	$0	$0
Total Liabilities	**$0**	**$0**
Net worth	**$4,300**	**$6,750**

Yolanda revisits her charitable donations. LIZ BEDDALL/METRO

EDUCATION

Stationary bikes put a whole new spin on classroom learning

Andrew Tilley, 5, rides a stationary bike during a lesson in teacher Mary Theresa Burt's classroom at Ian Forsyth Elementary School in Dartmouth, N.S. THE CANADIAN PRESS

Frustrated at her inability to draw a sofa, five-year-old Mylee Lumsden began to cry.

She liked her drawing of a TV, but the couch confounded her, and so she grew increasingly upset.

Her teacher, Mary Theresa Burt, looked at the brewing storm, and suggested the little girl take a turn on the bright yellow stationary bicycle at the centre of her primary classroom at Ian Forsyth Elementary School.

Mylee started pedalling, her shoulder-length hair bouncing in time. Within minutes, it was as if a switch had been flicked — she was bright again, cheerful, and smiling widely.

"I go on the bike when I'm feeling a little bit sad," Lumsden cooed, her little legs rapidly pedalling. "It makes me feel happy."

The tiny yellow bike is a symbol of a growing revolution in Canadian classrooms — and beyond. Students used to be taught to stay quiet and stay still, and those who couldn't — boys, especially — often found themselves in trouble.

Now, amid a shift in how educators understand and embrace various styles of learning, such bikes are helping to boost moods, relieve stress and regulate energy in students of all ages.

Luke MacDonald — a local fitness club owner who led the charge to bring the silent, stationary exercise bikes into Halifax-area classrooms roughly three years ago — said children are taught to hop on the bike whenever they're feeling restless, tired, stressed, sad or essentially whenever they feel like it.

"And they don't stop learning during that time. In fact, when they're on the bike, they generally pay more attention," said MacDonald, who previously ran a running club for kids, and has now helped place more than 1,300 bikes in classrooms across Canada and beyond.

"When that kid transfers that information home, and they run on the spot or they do jumping jacks when they start feeling stressed, that's self-regulation. And that can change the trajectory of a five-year-old kid for the rest of their life."

MacDonald said he helped develop the classroom spin bike initiative with the Ontario-based non-profit organization Run for Life after hearing a lecture by Stuart Shanker about self-regulation.

Shanker, a professor at York University in Toronto, said self-regulation is the energy we burn to deal with stress and how well we recover from that expenditure.

Shanker said research shows that deep breathing, like the kind that happens on a stationary bike, triggers a shift in how children handle stress and how they recover from it.

"The stationary bikes have a profound self-regulating effect for a great many children, but especially those children that are very restless and those that have problems with sustained attention and heightened impulsivity," said Shanker in a recent phone interview.

"What we have found is that the children very quickly learn when they need to get on the bike and how much time they need on the bike. It's really quite transformative." THE CANADIAN PRESS

When the money you bring home fluctuates each month, start by budgeting for basics. ISTOCK

ABCs of budgeting for variable income

CASH FLOW

Set priorities to stay in control of income swings

Gail Vaz-Oxlade
For Metro Canada

Over the years a lot of people have told me that they're "budget challenged" because they're dealing with a variable income. From people who have wide swings in income because they work seasonally to folks who don't know how much they'll be bringing home from one month to the next, a variable income seems to make budgeting impossible.

But if you're bringing money home and planning to spend it, then setting some priorities for where that money will go only makes sense. So budget you must.

Your "A" budget

If your work efforts bring in $800 one month and $2,000 the next you have to smooth out your cash flow. Do up a budget that covers all your basic monthly costs: basic food, shelter, and transportation. The we-can-live-without-it items like clothes, toys, and partying don't make it to this list. However, savings and debt repayment do. This is your "A" budget.

Your "B" budget

Your "B" budget covers things like extra nice food, home maintenance and property-taxes or home insurance: needs that can be dealt with less regularly.

Your "C" budget

Your "C" budget includes money for wants like clothes and entertainment. In your skinny months — when you bring home less — you concentrate on the A budget. When you make more, you can use your B or C budget. So in the month you make only $800, you can only spend on A items. When you make more, you can spend more on B and C items.

HERE'S A SAVINGS IDEA
Get a specific part-time job where all the money from that job goes into your down payment account.

For skinny months

Set a goal to save up to one month's worth of expenses so that in those skinny months, you have a pool from which to pull, to even out your cash flow so you can still pay your cell phone bill and have the odd night out. If one member of a couple has a regular income, and the other doesn't, the partner's steady income could be your A budget and anything the other person makes goes to fund B and C budget items.

Saving a down payment

Saving for major goals when you have an irregular income can also be very challenging. How can you possibly save a down payment when you don't have a steady income? Sorry folks, I don't know if you can. Only you know if you ever have enough to put aside for a long-term goal like home ownership. In the best of all worlds, "down payment" would be one of the things on your budget and you'd slide a specific amount away every month. But on an irregular income, that may be just an exercise in frustration. Maybe you and your mate can get a specific part-time job where all the money from that job goes into your down payment account. If it's something you enjoy anyway — walking dogs, sitting kids, shopping for other people who have no time — then it won't feel as onerous.

Stash of cash

Living on a variable income is not always easy. I know. I've been self-employed forever and when I had my kids I had no income at all while I was on mat leave. So I had to have a whack of money set aside. But twitching about money is dumb. You do what you have to do to make your budget work — including making sure you have a stash of cash for those lean months — and then you spend the rest of your time having a life. It can be done.

For more money advice, visit Gail's website at gailvazoxlade.com

CONSUMER BASE

Top retailers target millennials

The recent arrival of U.S. luxury retailers Saks Fifth Avenue and Nordstrom have left many wondering if Canadian shoppers are as hungry for high-end goods as originally believed.

Retail experts say the answer to that question is a definite yes — but it all lies with the mystifying millennial market.

"Everybody is grappling with how to get a hold on the millennial consumer," Doug Stephens, an analyst with Retail Prophet, said in a recent interview.

"The problem is that nobody can figure them out yet. They are very different from their parents in how they regard luxury."

That's why it's becoming increasingly important for retailers to build brand loyalty among millennials as early as possible, before they enter their peak spending years.

Stephens says high-end goods can still complete the luxury lifestyle, but just owning something expensive doesn't mean as much to the millennial as it may have to their parents — they want to experience the luxury.

LUXURY YOU CAN SNAPCHAT UP

Changing face of marketing
In the past, luxury was a pair of $400 Prada sunglasses or a $2,900 Louis Vuitton handbag. Now millennials — commonly defined as those born from the early 1980s to the early 2000s — view luxury as part of an experience that they can share on Instagram or Snapchat with their friends.

Capturing the attention of these "digital natives" is a difficult task. At Holt's, they've made a big effort to attract millennial shoppers by engaging with them over social media, curating outfits for special online magazines and even driving a mobile truck around Toronto to showcase the season's latest looks.

"It's about being at an exclusive penthouse party or having the ability to travel and have a life that is luxurious as opposed to having simply a BMW parked in the driveway," he said.

Holt Renfrew knows how critical it is to capture the millennial market, anticipating that Gen Y-ers will make up more than half of their customer base by the end of 2017.

"A lot of them may not have the means to be our highest-spending customers right now, but we absolutely recognize that they will grow in importance as they grow in their careers," said Alison Simpson, senior vice-president of marketing and customer experience at the national luxury chain.

Simpson says even though some millennials don't have the cash to splurge on luxury items every day, they still find the money to buy quality.

> **Nowadays, something could be $5, but if it's rare and one of a kind, then that's luxury.**
> Toni Holley, Square One's marketing director

"The level of craftsmanship is critically important to them as well. It's not just about 'I can get more for less money,'" she said.

"It's not about the quantity game for them, especially for select pieces like a great pair of shoes, a great bag, a great coat. It's much more about an investment and valuing the craftsmanship and time that went into preparing it. It's not just about cheap and cheerful."

Earlier this month, Square One Shopping Centre west of Toronto opened a new "luxury wing." Among the personalized services, the renovated space features a concierge who can make dinner reservations for you and a valet who can park your car in one spot at the mall, then pick you up at the other end after the shopping spree is complete.

Square One's marketing director, Toni Holley, said luxury retail means being in the know with the latest fashion trends, whether that's via pop-up stores or celebrity stylist blogs.

"Luxury is the idea of the experience of exclusivity, authenticity," she said. "There was a time when luxury meant price .... High-priced items (were) luxury items, but nowadays, something could be $5, but if it's rare and one of a kind, then that's luxury."

Retail expert Farla Efros says it's vital for luxury retailers to forge ties with millennials — and fast.

"All these retailers are flooding into Canada, and millennials are the big opportunity," said Efros, president of HRC Advisory.

THE CANADIAN PRESS

Will bachelor Ben pick JoJo or Lauren?

Three little words and two women add up to a tough decision for Ben Higgins in Monday's Season 20 finale of The Bachelor. The 27-year-old software account manager told both of the women that he loved them, which makes deciding which heart to break harder than usual. TORSTAR NEWS SERVICE

PHYSICAL ATTRACTION

JoJo Fletcher, 24

Hometown
Dallas, Texas

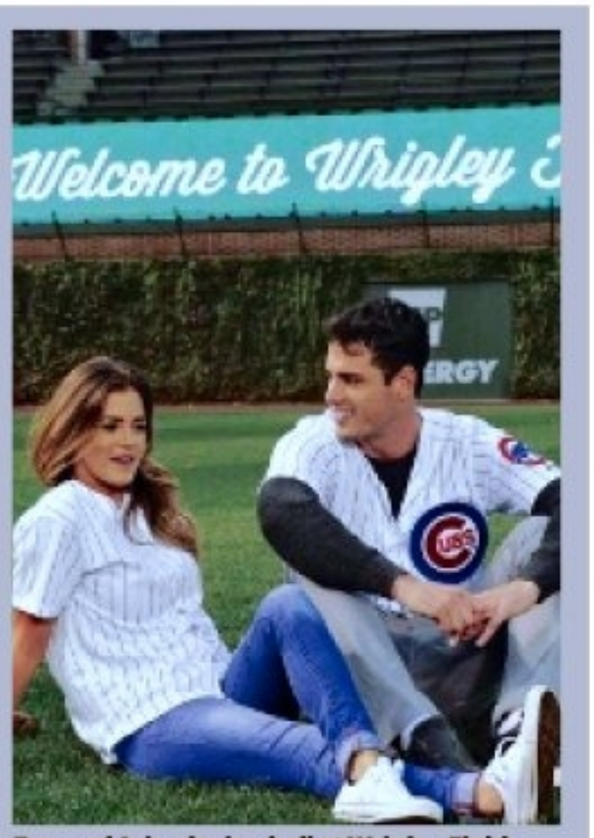
Occupation
Real estate developer

Best date
Playing ball with Higgins at Chicago's Wrigley Field, which showed off her fun-loving vibe.

Faux scandal
Her brothers accused Higgins of brainwashing the women on the show.

Why she could be the one
Higgins has said he feels the most himself with Fletcher, and he didn't cut and run when her overprotective brothers gave him a hard time in Dallas.

Why she might not
The bits of their relationship we've seen seem based on physical chemistry, suggesting he's more in lust than love.



Ben and Jojo playing ball at Wrigley Field.

THE GIRL NEXT DOOR

Lauren Bushnell, 25

Hometown
Portland, Ore.

Occupation
Flight attendant

Best date
Helping shepherd sea turtles back to the ocean in Jamaica, which showed off her unassuming, girl-next-door vibe.

Faux scandal
A jealous contestant told Higgins that Bushnell was two-faced.

Why she could be the one
She's been a front-runner all season. She and Higgins made a seemingly genuine connection on Night 1 and he has said he can't imagine his life without her.

Why she might not
The franchise has a history of editing women to look like front-runners who turn out to be also-rans.

Ben and Lauren on a date in her hometown.

Jacob Tremblay charms the red carpet

CANADIAN SCREEN AWARDS

Room, Hyena Road, Book of Negroes big winners

The Canadian Screen Awards has made plenty of room for Room — a taut mother-son drama that emerged as a late-blooming Oscar contender and made a star out of its nine-year-old leading man.

Jacob Tremblay won for best performance by an actor in a leading role for the Canadian-Ireland co-production; his co-stars, Oscar-winner Brie Larson and Joan Allen won best actress in a leading role and best actress in a supporting role, respectively; while Emma Donoghue won for best adapted screenplay for the thriller.

The film — about a precocious five-year-old who learns he's spent his entire life in captivity — had headed into the gala with a leading 11 nominations, winning nine.

Credit much of that to its pint-sized leading man Tremblay, who was just seven when filming took place in Toronto.

Aunjanue Ellis wears a dress with a slogan as a protest against the presence of the Confederate Flag on Capitol Hill, as she stands on the red carpet with cast members from the TV show Book of Negroes. The CBC show is this year's leading TV series with 10 wins. THE CANADIAN PRESS

The Vancouverite exploded into a media darling this awards season after aww-inducing appearances at the Screen Actors Guild Awards, the Critics' Choice Awards and the Academy Awards.

Despite his Hollywood success, Tremblay said it was good to be home.

"I'm Canadian so it's pretty good to be recognized in my hometown," Tremblay said on the red carpet.

"I'm not really used to all this stuff and I still get nervous at these shows but this is like one of the first Canadian awards show I'm going to. It's probably the only one, so I'm excited."

Other big winners Sunday included the Paul Gross war film Hyena Road, which collected three awards in technical categories including overall sound, sound editing and visual effects.

Meanwhile, the Canada-U.K.-Ireland co-production Brooklyn scored wins for best cinematography and original score.

On the TV side, over the course of the CSA awards week, CBC's Schitt's Creek was the leading comedy with nine wins in total while Space's clone drama Orphan Black had seven.

CBC's acclaimed miniseries The Book of Negroes collected 10 trophies in total, including wins for lead actress Aunjanue Ellis, lead actor Lyriq Bent and supporting actress Shailyn Pierre-Dixon. It also won best limited series.

Donoghue, who also wrote Room the book, said she was glad to have one last celebration with Tremblay in Canada.

"Because we made Room in Toronto and then we really launched it at (the Toronto International Film Festival), it feels like the completion of the circle so I couldn't be happier.

"This is kind of like a wonderful farewell party to this whole crazy year," said Donoghue, adding that Tremblay has remained "a very natural, down-to-earth kid with good manners."

"I suppose we shouldn't try and insist that he spend his life as an actor but I hope he does because he has a rare and beautiful talent for it and he clearly enjoys it."

THE CANADIAN PRESS

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Marcia Clark's struggle all too real

THE SHOW: American Crime Story: The People vs. O.J. Simpson, Season 1, Episode 6 (FX)
THE MOMENT: The Tampons

Marcia Clark's struggles as a female attorney in The People vs. O.J. Simpson should be taught in university feminist classes, writes Johanna Schneller. CONTRIBUTED

Marcia Clark (Sarah Paulson, excellent), the lead attorney prosecuting O.J. Simpson, and a single mother, has had a lousy week. Simpson's pricey lawyers — four men — humiliated her in court when she said she needed to get home to her two sons. Her ex-husband is suing for custody. Her previous ex sold nude photos of her to the tabloids.

What's worse, radio stations are running call-in "Babe or Bitch" polls about her, TV pundits declare her clothes "frumpy," and her haircut is national news. Now, after a long day, she's picking up a few things at the market — including a box of Tampax.

"Whoo-eee," says the 20-something male cashier, ringing up the tampons. "The court is in for a tough week, huh?" Clark, too exhausted to protest, can only stare at him.

I've written about this series before, and I'll likely keep writing about it, because it is just dazzlingly good — trenchant, contemporary social commentary, woven seamlessly into terrific drama.

This episode in particular, written by D.V. Devincentis (High Fidelity) and directed by the prolific Ryan Murphy (also a co-producer), should be taught in any university class with the word "feminist" in it. Female bosses should screen it for employees who don't understand what they've endured. Hillary Clinton should play it on endless loop to school her haters.

Clark rose to a position of power, and justifiably so. But no one in the big, bad world liked it. She was filleted, mercilessly and without let-up — and this was the 1990s. This episode made me cry.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Kesha fans deliver petition to Sony

SCANDAL

More than 400K signees ask for label to release singer

Last month, this Kesha fan was part of a group protesting in front of Sony Headquarters in New York City. On Friday, the singer's fan base was at Sony music again presenting the company with a petition. GETTY IMAGES

Fans of the pop star Kesha on Friday called on Sony to cut ties with the producer she has accused of raping her.

About 35 Kesha fans gathered outside Sony's Manhattan headquarters to deliver petitions with more than 411,000 signatures demanding that the label release Kesha from her Sony recording contract and drop the producer, Dr. Luke.

Armed with signs that said "Free Kesha Now," the group chanted "Do the right thing!" and "People over profits!" Protesters also danced to Kesha's songs.

The hit-making producer, born Lukasz Gottwald, is not charged with any crime.

He says that Kesha fabricated her story about being drugged and raped a decade ago to get out of her recording contract.

His lawyers point to a 2011 legal deposition in which Kesha said under oath that Dr. Luke "never made sexual advances" toward her. When asked whether he'd given her the date-rape drug known as a "roofie," she said, "No."

Kesha's lawyers said the singer, born Kesha Rose Sebert, had been too afraid of the producer to speak up at the time. Friday's hourlong rally comes a month after a Manhattan judge denied the Tik Tok singer's initial request to be released from her contract. The hearing led to an outpouring of support from celebrities, including Taylor Swift and Lady Gaga, who have spoken out. THE ASSOCIATED PRESS

metro SPORTS

After winning the SEC tournament, Kentucky coach John Calipari says his team deserved higher than a No. 4 seed in the East Region

Canada whoops it up in the Bowl final on Sunday. JENNIFER GAUTHIER/METRO

One last palpitation from 'Cardiac Kids'

There was no way it could happen again. No way.

But just like their end-of-game heroics versus Australia in Pool B competition on Saturday, the Canadians authored another comeback with no time remaining on the clock, this time against France in the Bowl final of the inaugural Canada Sevens tournament at BC Place Stadium.

Canada overcame a 10-point deficit late in the second half to defeat France 19-17, giving supporters of the red and white one final and lasting memory of a determined host team with a flair for dramatics.

Despite a staunch defensive stand from the French inside their own 22-metre line after the clock had stopped — time had expired but the ball was not yet "dead", which meant the referee allowed play to continue, in this case giving Canada more than two minutes to try for the equalizer. John Moonlight finally plunged over the line for the tying try. Nathan Hirayama made the winning convert.

"It's like a bit of a thing we talk about, call ourselves the Cardiac Kids," said Canada's Mike Fuailefau.

Canada officially places ninth.

It lost only once in six matches, its only defeat coming in the opener versus Wales.

"It's amazing how you can win five of your six games and not finish in the top four," said Canadian coach Liam Middleton. "The one game we did lose was in the final moment, so I can't criticize our performances." CAM TUCKER/METRO

All Blacks come out on top of 7s weekend

TOURNAMENT FINAL

New Zealand takes inaugural event at BC Place Stadium

Cam Tucker
Metro | Vancouver

All that was left to do to put the finishing touches on the inaugural Canada Sevens tournament in Vancouver was the haka.

New Zealand defeated South Africa 19-14 in the Cup final of the World Rugby Sevens Series event at BC Place Stadium, which saw a total of 60,418 boisterous fans pass through the gates for the two-day competition.

As wide open as the play had been throughout this entire tournament, the championship final was a more physically punishing contest, played in close quarters. It felt like a more calculated match as opposed to the free-flowing play that had dominated over the weekend.

South Africa opened the scoring more than five minutes in on a try from Rosko Specman. But the All Blacks roared back. They took a 14-7 lead after the first half and then put the game away for good on a try from Lewis Ormond with just over a minute remaining in the second half.

Ormond ran uncontested from just inside the South Africa 22-metre line for what would be the winning try.

South Africa closed the gap on a try from Seabelo Senatla after the clock had expired but hope of a miraculous comeback was fleeting. Seconds after the convert, the referee's whistle went, the game was over and New Zealand raised the championship trophy in Vancouver.

The camera phones in the stands geared up once more for a resounding rendition of the haka, a traditional Maori war dance performed by New Zealand's rugby teams.

Australia finished third in the tournament, after defeating fan-favourite Fiji in the third-place playoff game.

Next to the host Canadians, Fiji had arguably the most supporters in attendance, with the nation's flag draped throughout the stadium during its matches.

On Sunday, it was announced during the tournament that the B.C. government had committed $100,000 in relief to Fiji in the wake of Cyclone Winston.

Lewis Ormond of New Zealand scores a try while being tackled by Kwagga Smith of South Africa during the cup final at the Canada Sevens tournament at BC Place on Sunday. New Zealand won 19-14. JENNIFER GAUTHIER/METRO

IN BRIEF

Inferno win women's title in upset over Canadiennes

The Calgary Inferno upset Montreal's Les Canadiennes 8-3 on Sunday afternoon to win their first ever Clarkson Cup, the championship of the Canadian Women's Hockey League.

This was the Inferno's first appearance in the final. Montreal has appeared in six of eight Clarkson Cup finals and have won three.

Montreal (21-3) came in as the favourite after finishing the regular season in first place and having a 4-2 record over Calgary, but the Inferno got out front early and never looked back. THE CANADIAN PRESS

Giovinco propels Toronto FC to 2-2 draw in the Bronx

Sebastian Giovinco scored in the 76th minute and Toronto FC tied New York City FC 2-2 on Sunday in the first game of the season at Yankee Stadium.

Giovinco, the reigning Landon Donovan MLS MVP, has two goals and two assists in two games this season. THE ASSOCIATED PRESS

MLS

Whitecaps off to scruffy winless start

Dominic Dwyer scored two first-half goals and Sporting Kansas City beat the Vancouver Whitecaps 2-1 on Saturday night.

Dwyer scored in the fifth minute, and Sporting KC (2-0-0) made it 2-0 when Chance Myers crossed to Dwyer, who fired his shot to the far post in the 41st minute, with goalkeeper David Ousted unable to get a hand on it.

"Super goal, wasn't it? Superb strike by him," said Whitecaps head coach Carl Robinson of Dwyer's first goal.

Dwyer's best chance for a hat trick came when his left-footed shot from outside the box off a free kick sailed over the net in the 87th minute. Dwyer scored 12 goals last season and a team-record 22 in 2014.

Pedro Morales scored off a penalty kick in the 70th minute for the Whitecaps (0-2-0). THE ASSOCIATED PRESS

IN SAN JOSE **QUAKES LEAVE TIMBERS IN THEIR WAKE** Earthquakes goalkeeper David Bingham, left, stops a shot from Portland Timbers forward Fanendo Adi on Sunday. Chris Wondolowski and Quincy Amarikwa scored and the Earthquakes handed the defending MLS Cup champion Timbers their first loss of the season, 2-1. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

IN BRIEF

Bautista powers Jays
Jose Bautista hit his first spring homer and Aaron Sanchez tossed four scoreless innings, leading the Toronto Blue Jays to a 6-1 victory over a Tampa Bay Rays split-squad on Sunday.

Playing in his second game of the spring, Bautista drove an inside fastball from prospect Taylor Guerrieri for a three-run shot in the third.

THE ASSOCIATED PRESS

Schwartzel wins Valspar
Charl Schwartzel closed with a 4-under 67 for the best score of the final round Sunday, and then beat Bill Haas on the first extra hole of a playoff in the Valspar Championship in Palm Harbor, Fla.

Schwartzel holed a 65-foot birdie putt on the 13th and a 25-foot birdie putt on the 17th hole to reach 7-under 277.

THE ASSOCIATED PRESS

No three-peat for Arsenal
The FA Cup served up another shock for English football's established powers when Arsenal lost 2-1 at home to Watford on Sunday, ending its bid to win a third straight year.

A day after Chelsea tumbled out of the competition, Arsenal also saw its best chance of silverware quashed as Watford joined Crystal Palace and Everton in an unlikely lineup for the semifinals next month.

THE ASSOCIATED PRESS

Koe takes charge early, holds on for third Brier

CURLING

Alberta skip's aggressive play and key late shots tell tale

Alberta's Kevin Koe defeated Newfoundland and Labrador's Brad Gushue 9-5 on Sunday night to win his third career Tim Hortons Brier title.

The Calgary skip made his move in the seventh end with a nice takeout in a crowded four-foot to score three. Gushue scored a pair in the eighth end but Koe's deuce in the ninth end put the game away.

"We struggled last year and to come back, have a great year and top it off with a Brier is awesome," Koe said.

Koe won the Brier in 2010 and 2014 but this is his first title with current teammates Marc Kennedy, Brent Laing and Ben Hebert.

Gushue won Olympic gold at the 2006 Turin Games but he has yet to win a Brier in 13 career appearances. His St. John's team included Mark Nichols, Brett Gallant and Geoff Walker.

Alberta Skip Kevin Koe, centre, celebrates Brier championship with lead Ben Hebert, right, second Brent Laing, left, and third Marc Kennedy. JUSTIN TANG/THE CANADIAN PRESS

Koe was aggressive from the start and forced Gushue to go for a double runback that was just slightly off, allowing Alberta to steal a single in the first end. Koe stole another in the second before Gushue halved the lead with a hit for one in the third.

A Koe deuce in the fourth end gave Alberta a 4-1 lead. He didn't let up in the fifth, coming through with a nice double takeout to force Gushue to hit for a single.

Newfoundland and Labrador stole one back in the sixth end before Koe's big end.

Earlier in the day, Northern Ontario's Brad Jacobs put a couple of tough losses behind him by edging Manitoba's Mike McEwen 7-6 to win the bronze medal.

Jacobs was the only unbeaten team in round-robin play at TD Place but two straight playoff defeats sent the reigning Olympic champion to the third-place game.

McEwen forced an extra end with a double takeout to score a pair. Jacobs had hammer in the 11th end and drew to the four-foot for the victory.

"This raises our spirits a little bit," Jacobs said. "Coming back out here and playing well and winning a bronze medal is something that I think we'll be proud of. And like I said, it feels good."

Koe won his first Canadian men's curling championship in 2010 with Blake MacDonald, Carter Rycroft and Nolan Thiessen. His 2014 lineup featured Rycroft, Thiessen and Pat Simmons.

Laing won Brier titles in 2007 in 2012 with Ontario skip Glenn Howard. Kennedy and Hebert hoisted the Tankard in 2008 and 2009 with Alberta skip Kevin Martin and added an Olympic title in 2010.

Koe will represent Canada at the men's world curling championship next month in Basel, Switzerland.

THE CANADIAN PRESS

> **We struggled last year and to come back, have a great year and top it off with a Brier is awesome.**
> Alberta skip Kevin Koe

EARLIER...

Carey won women's title
Alberta's Chelsea Carey won the women's national title last month in Grande Prairie, Alta. She will represent Canada at the upcoming world women's curling championship in Swift Current, Sask.

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RECIPE Cauliflower Couscous Bowl with Sweet Potato and Brussels Sprouts

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This couscous imposter makes eating your veggies easy and delish. Makes 4 bowls.

Ready in
Prep time: 10 minutes
Cook time: 40 minutes

Ingredients
- 1 sweet potato, cut into 1/2-inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp plus 2 tsp olive oil
- 1 head cauliflower
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions
1. Preheat oven to 400.
2. In a bowl, toss the sweet potato and Brussels sprout pieces with 2 tsp olive oil and 1/2 tsp salt. On a rimmed baking sheet, in a single layer, spread vegetables and roast, stirring once or twice, until deep golden brown and tender inside, 20 to 25 minutes.
3. Cut cauliflower in quarters and carve out core from each. Cut quarters into florets. Transfer into food processor and pulse until couscous-sized granules. Turn out into a bowl.
4. Heat large skillet over medium heat, add 1 Tbsp oil. Add cauliflower couscous and sprinkle with salt. Add cumin and stir. Cook until tender, 4 to 5 minutes. Take off heat. Gather 2 cups of couscous.
5. In another pan over medium heat, add butter and four eggs. Cook a few minutes and cover the pan, about 1 to 2 minutes, to help whites set. Remove eggs once whites are set and the yolks are cooked to your preference.
6. Stir together couscous, sweet potato mix and feta or divide veggies amongst four bowls and sprinkle with feta. Top with a fried egg and serve.

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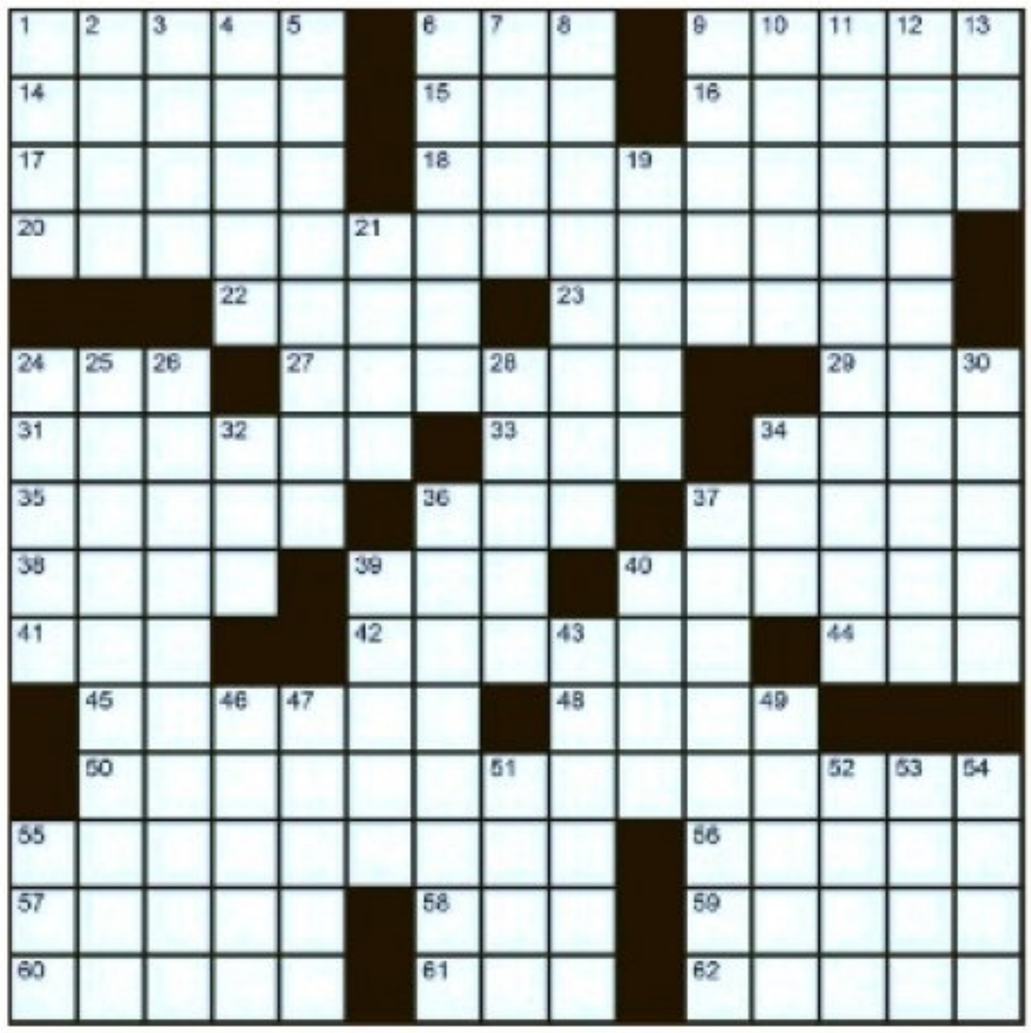
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Gather gradually in greatness
6. "Long Island Medium" network
9. Chicago choreographer Bob
14. Spanish poet, Federico Garcia __ (b.1898 - d.1936)
15. Record label
16. Canadian wrestling legend Mr. Hart, and namesakes
17. "__ for Murder" (1954)
18. Right-then-and-there
20. Juno Awards category: 4 wds.
22. Alphabetical quartet
23. Kevin of "Shark Tank"
24. "4am" Cdn. band
27. Warp the wording
29. Mont Blanc, for one
31. Toronto-born actress/director Sarah
33. __ and yang
34. Agitate
35. "Do I view the world as __ of tears?" (Bit of 19th-century British writer Robert Browning's poem Confessions)
36. Supplements store
37. Russian pancake
38. Farm birds
39. Earthy prefix
40. Isn't impartial ...is?
41. Used the chair
42. In the office: 2 wds.
44. The Waste Land poet's monogram
45. Easter's extensive eats
48. Charges
50. Misery for chickens, pigs and cows: 2 wds.
55. Duracell products
56. Pointer
57. Food Network chef Guy
58. Quebec-headquartered simulators co.
59. Near
60. Isle of __ (Scottish island)
61. U.S. President after F.D.R.
62. The __ (Clark of comics' family)

DOWN
1. Alan of "The Aviator" (2004)
2. Churn
3. United __ Emirates
4. __ 7 (Brit pop group)
5. The Cremation of __ __ (1907 poem by 'Bard of the Yukon' Robert Service)
6. Buy one/Get one free offer, colloquially
7. Lead up to Easter
8. The Pope's religion
9. "Sue Thomas: _._.__"
10. By land __ __
11. 1980: Quebec Referendum 'Oui' supporter
12. Plots
13. Approx.
19. __ of Troy
21. Jazz singer Anita
24. Moonfishies
25. "One Night __ __" by Bryan Adams
26. Herbivore
28. "The bus should have been here __ __." (Commuter's observation)
30. Lions group
32. Actor Cool J's
34. Gr. that kidnapped Patty Hearst
36. Wins the lotto: 2 wds.
37. Car roof contraption, perhaps: 2 wds.
39. Croc's cousin
40. California city
43. Counterbalance
46. Union for Canada's actors, etc.
47. Beer mug
49. Exhibit elation
51. Thumbs up votes
52. "__ __ it!" (This job is getting done!)
53. Arboreal abode
54. __ de Flandres (French stoneware)
55. Stage actor's deg.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The evidence has been there for some time that someone is trying to undermine your efforts, but you decided to ignore it. Now though you have no choice. They cannot be allowed to continue bad-mouthing you.

Taurus April 21 - May 21
No one expects you to be perfect, so don't expect it of yourself. Like everyone else you have limits and if you are smart you will identify what they are and make sure you stay within them. You can still do amazing things.

Gemini May 22 - June 21
By all means help a friend who made a mistake but let them know it's not going to be a regular occurrence. If they carry on, you may have to withhold help until they get the message.

Cancer June 22 - July 23
Tough decisions will have to be made this week but Cancer is a cardinal sign and among other things that means you're not afraid to go in a completely new direction. So move – fast!

Leo July 24 - Aug. 23
There will be a number of dramatic changes in your life over the next few days. The ride may be bumpy but everything will come right in the end. You have nothing to fear.

Virgo Aug. 24 - Sept. 23
Promise yourself as the new week begins that no matter what happens, you won't let it get you down. The road you are on may be a tough one but already you can see light at the end of the tunnel, so keep going and keep believing.

Libra Sept. 24 - Oct. 23
You will come under considerable pressure over the next few days and there may be times when you come close to lashing out at people you love. Don't. Breathe deeply and stay calm. It will all come right in the end.

Scorpio Oct. 24 - Nov. 22
You have a lot of energy at your disposal now and you should use it for creative and constructive purposes. Don't waste your time and your energy on senseless feuds.

Sagittarius Nov. 23 - Dec. 21
You will encounter some kind of resistance over the next 24 hours, most likely from an authority figure. Should you hit back or should you give in? Just this once the latter may be the smarter course. Live to fight another day.

Capricorn Dec. 22 - Jan. 20
Knowing what you want to do is just the first step — you still have to go out and make it happen. Now you have started on your quest you must see it through to the end.

Aquarius Jan. 21 - Feb. 19
The coming week will throw up several opportunities and you must stay alert if you want to make the most of them. Wherever possible, find out as much as you can about the situations you find yourself in. Forewarned is forearmed.

Pisces Feb. 20 - March 20
A situation that has been bugging you for weeks must be dealt with today and positive cosmic activity in your own sign will help you get to the root of the problem. Take your time and make the right decisions.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6	7			3			1	
5					1	2		6
			5	9	6		4	
		1				8	9	
8		9		1		3		5
	3	7				4		
	8		6	2	7			
7		6	9					3
	4			8			7	2

Difficulty Level ★

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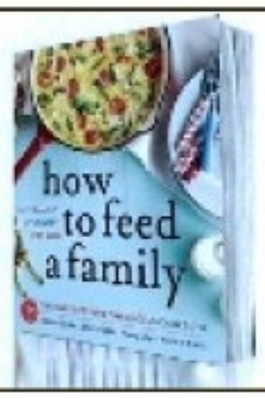

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

5	2	3	1	9	6	8	7	4
8	6	7	3	4	2	9	1	5
1	9	4	7	5	8	3	2	6
6	3	5	4	1	9	7	8	2
2	1	9	8	6	7	5	4	3
7	4	8	2	3	5	6	9	1
3	8	2	6	7	1	4	5	9
4	5	1	9	8	3	2	6	7
9	7	6	5	2	4	1	3	8

Difficulty Level ★★★★★

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Cottonwood Mall

COQUITLAM
Coquitlam Centre

CRANBROOK
First Pro Cranbrook

DAWSON CREEK
Dawson Mall

DELTA
Scottsdale Centre
Sunshine Village

FORT ST. JOHN
7920 Alaska Rd.
Totem Mall

KAMLOOPS
Aberdeen Mall
Lansdowne Village

KELOWNA
Dilworth Shopping Centre
Orchard Park

LANGLEY
Willowbrook Corner
Willowbrook Shopping Centre

MAPLE RIDGE
Haney Place Mall

NANAIMO
Country Club Centre
Woodgrove Centre

NEW WESTMINSTER
Queensborough Landing

PENTICTON
Peachtree Square

PITT MEADOWS
Meadowtown Centre

PRINCE GEORGE
Pine Centre Mall

RICHMOND
Aberdeen Centre
Richmond Centre

SURREY
13630 72 Ave.
8363 B – 128th St
Central City Shopping Centre
Clover Square Village
Guildford Town Centre
Panorama Village
Semiahmoo Shopping Centre

VANCOUVER
1147 Robson St.
698 West Broadway
2154 West 4th Ave.
2065 West 41 st Ave.
1588 West Broadway
1008 West Georgia St.
Capilano Mall
Lynn Valley Centre
Oakridge Centre
Pacific Centre
Park Royal

VERNON
Village Green Mall

VICTORIA
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Hillside Centre
Mayfair Shopping Centre
Shelbourne Village Square
The Bay Centre
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